

Live Well Lifestyle Teleseminar

Recap & Recording

December 11, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Skillful Mirroring

My Intention Today: The way I see a person is the way they will be for me. I intend to see and reflect the best in others. To look for their strengths and abilities. To see and appreciate their unique gifts.

There are two kinds of mirroring. You can mirror abusive negativity by focusing and reflecting the mistakes and flaws with judgments and criticism. Then there is positive love mirroring. Choosing to look for the best in others and praise their wins. To see them as you want them to be.

Positive mirroring is one of the greatest attributes of love. The power of love allows us to view people and ourselves with affirming force. It affirms the correctness of their wish to be happy. It affirms our essential oneness with them. Moreover, it reflects both to ourselves and others the unlimited possibilities available to us as human beings.

Divine Wisdom Card: As I say yes to life, life says yes to me. Life mirrors my every thought. As I keep my thoughts positive, life brings to me only good experiences.

Power Thought Card: My Life is a mirror. The people in my life are really mirrors of me. This affords me the opportunity to grow and change.

Soul Coaching Card: Believe. Believe in yourself! Have faith in magic and miracles. If you can conceive it, you can achieve it.

Your Soul wants you to know: One of the secrets of the universe is the power of belief. If you're able to imagine and truly believe that something can happen, miracles will unfold. Expectations can act in both positive and negative ways, and your fixed thoughts and opinions about yourself have created your world and your experiences. If you've had an unpleasant history, this often creates negative beliefs about yourself and the world around you. Know that the past doesn't need to equal the future. Your new, positive conceptions can create a fresh and exhilarating future – simply believe that it's possible! Visualize and imagine your life as you desire it to be, and most important, *feel* how good it will be...and hang on for a great ride.

Closing Thought: Children reflect the image they have of others and the perception they learn through personal experience. Monkey see, monkey do. What example are you setting for your children?

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